



Tuolumne County Public Health Department

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For Tuolumne County Residents:

COVID-19 can spread even when someone is not showing symptoms. Studies have identified this as a possible risk and has led to a change in guidance.

Masks may not keep the wearer safe, but they can reduce the transmission of COVID-19 by the wearer (with or without symptoms) to others.

Staying home, social distancing (staying 6 feet away from people) and hand washing are most effective. Wearing a mask DOES NOT replace the importance of these strategies.

If you must make a trip outside of your home, a mask may reduce transmission.

Surgical masks are best. However, we know there are not enough of these in supply and should be reserved for healthcare workers and others involved in public safety first.

We encourage you to wear cloth masks that are reusable after washing. You may use surgical masks while waiting for cloth masks to become available. If sewing is a skill of yours, this is an opportunity to help the community by making masks for others.

If you are wearing a cloth mask, you should ensure that you are washing them with hot water and soap. For this reason, having a few on hand would make sense.

Wash your hands before you put the mask on and after you take it off.

If you are showing any signs of illness, you **MUST** stay at home.

If you are making your own mask, simple patterns off of the internet can be used, but the patterns that have 4 layers are most effective. See the tutorials/patterns below.

Face Mask Tutorials from Deaconess:

<https://www.deaconess.com/How-to-make-a-Face-Mask?fbclid=IwAR1H25JhviFlqeBjj-LEwCUCGNf-PbJcst4fHxcnXOThUqoTk6CVQ8cuyRM>

Kalamazoo Mask Pattern:

https://www.kalcounty.com/hcs/pdf_files/COVID-19%20Face%20Mask%20Instructions%20and%20Pattern.pdf

Study on homemade face mask effectiveness:

https://www.researchgate.net/publication/258525804_Testing_the_Efficacy_of_Homemade_Masks_Would_They_Protect_in_an_Influenza_Pandemic